

**Palarong Pambansa 2011**  
**Women's Artistic Gymnastics Competition Schedule (WAG)**  
**Dapitan City**

**May 9, 2011**

**Elementary - Morning**  
**Competition I and II**

Group A : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Group B : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Group C : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**General Warm-Up 6:30 – 7:45**

**Competition Proper**

Time	Horse Vault	Balance Beam	Floor Exercise
8:00 – 9:30	A	B	C
9:30 – 11:00	C	A	B
11:00 – 12:30	B	C	A
12: 30 – 1: 30	<i>Lunch Break</i>		

**Secondary - Afternoon**  
**Competition I and II**

Group A : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Group B : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Group C : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**General Warm-Up 12:00 – 1:15**

**Competition Proper**

Time	Horse Vault	Balance Beam	Floor Exercise
1:30 – 3:00	A	B	C
3:00 – 4:30	C	A	B
4:30 – 6:00	B	C	A
6:00	<b><i>Awarding Ceremony – Elementary and Secondary</i></b>		

**Palarong Pambansa 2011**  
**Rhythmic Gymnastics Competition Schedule (RG)**  
**Dapitan City**

**May 10, 2011**

**Elementary**  
**Competition I and II**

Group A : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Group B : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**General Warm-Up 6:30 – 7:45**

**Competition Proper**

Time	Rope	Hoop	Ball	Ribbon
8:00 – 10:00	A	B		
10:00 – 12:00	B	A		
12:00 – 1:00	<i>Lunch Break</i>			
1:00 – 3:00			A	B
3:00 – 5:00			B	A
5:00	<b><i>Awarding Ceremony</i></b>			

**Rhythmic Gymnastics Competition Schedule (RG)**

**May 11, 2011**

**Secondary**  
**Competition I and II**

Group A : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Group B : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**General Warm-Up 6:30 – 7:45**

**Competition Proper**

Time	Rope	Hoop	Ball	Ribbon
8:00 – 10:00	A	B		
10:00 – 12:00	B	A		
12:00 – 1:00	<i>Lunch Break</i>			
1:00 – 3:00			A	B
3:00 – 5:00			B	A
5:00	<b><i>Awarding Ceremony</i></b>			

**Palarong Pambansa 2011**  
**Men's Artistic Gymnastics Competition Schedule (MAG)**  
**Dapitan City**

May 12, 2011

**Elementary – Morning**  
**Competition I and II**

Group A : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Group B : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**General Warm-Up 6:30 – 7:45**

**Competition Proper**

Time	Floor Exercise	Horse Vault
8:00 – 9:30	A	B
9:30 – 11:00	B	A
11:00 – 12:00	<i>Lunch Break</i>	

**Secondary - Afternoon**  
**Competition I and II**

Group A : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Group B : Regions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**General Warm-Up 11:00 – 12:15**

**Competition Proper**

Time	Floor Exercise	Horse Vault
12:30 – 2:00	A	B
2:00 – 3:30	B	A

**Rhythmic Gymnastics (RG) Individual Event Finals Elementary and Secondary**

**General Warm – Up 3:30 – 4:00**

**Competition Proper**

Time	Rope	Hoop	Ball	Ribbon
4:00 – 4:30	Elementary	Secondary		
4:30 – 5:00	Secondary	Elementary		
5:00 – 5:30			Elementary	Secondary
5:30 – 6:00			Secondary	Elementary
6:00	<b><i>Awarding Ceremony – MAG - Comp. I and II, RG – Individual Apparatus Finals</i></b>			

**Palarong Pambansa 2011**  
**Women's and Men's Artistic Gymnastics Competition Schedule**

**May 13, 2011**

**WAG and MAG Individual Event Finals**

**Elementary and Secondary**

**General Warm – Up 7:00 – 8:00**

**Competition Proper**

Time	Horse Vault	Balance Beam	Floor Exercise
8:00 – 9:00	<b>WAG – Elem./Sec.</b>		<b>MAG – Elem./ Sec.</b>
9:15 – 10:15	<b><i>MAG –Elem./ Sec.</i></b>	<b><i>WAG – Elem./ Sec.</i></b>	
10:30 – 11:30			<b>WAG – Elem./ Sec.</b>
11:45 –12:30	<b><i>Awarding Ceremony</i></b>		